

White Oak Senior Center MAY Calendar

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			Tai Chi 9am - 10am Soul Line Dance 10am - 11am \$ Ping Pong Club 10am - 12 noon Law Day 10am - 2pm - FREE Better Balance 11am - 11:45am Spades & Scrabble 11am - 2pm LUNCH 12 noon Chair Zumba 1pm - 1:45pm \$ Crochet & Knitting Club 1pm - 3pm	Senior Fit 9am - 10am Senior Circuit Training 10am - 11am Pickle Ball 10am - 12 noon Movie 10:15am - 12:30pm LUNCH 12 noon American Mahjong - 1pm - 4pm Bone Builders 2pm - 3pm Meditation (Self-Guided) 2pm - 4pm	Tai Chi 10am - 12noon (Bring mat, hand towel & water)
Tai Chi 9am - 10am \$ Line Dance 10am - 11am Full Body Stretch 10:15am - 11am Chair Aerobics 11am - 11:45am LUNCH 12 noon Gentle Yoga 1pm - 2pm \$ Bridge 1:30pm - 3pm	Senior Fit 9am - 10am Senior Circuit Training 10am - 11am Tai Chi (Cane, Stick & Sword) 10am - 11:30am Chinese Folk Dance 10am - 11:30am Mahjong (American & Asian) 10am - 3pm Ping Pong Club 10am - 12 noon Wii Bowling 10:30am - 12 noon LUNCH 12 noon	Tai Chi 9am - 10am Zumba Gold 10am - 11am \$ Chinese Folk Dance 10am - 11am Chair Aerobics 11am - 11:45am LUNCH 12 noon Chair Yoga 1:30pm - 2:30pm \$ Bone Builders 2pm - 3pm Meditation (Guided) 2pm - 4pm	Tai Chi 9am - 10am Soul Line Dance 10am - 11am \$ Ping Pong Club 10am - 12 noon Better Balance 11am - 11:45am Spades & Scrabble 11am - 2pm LUNCH 12 noon Chair Zumba 1pm - 1:45pm \$ Crochet & Knitting Club 1pm - 3pm	Senior Fit 9am - 10am Senior Circuit Training 10am - 11am Pickle Ball 10am - 12 noon Movie 10:15am - 12:30pm LUNCH 12 noon American Mahjong - 1pm - 4pm Bone Builders 2pm - 3pm Meditation (Self-Guided) 2pm - 4pm	Tai Chi 10am - 12noon (Bring mat, hand towel & water)
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